

Make a Mad Plan


It's hard to know how to act when you feel really mad. Making a plan can help. Circle three things you can try next time you feel mad.

I can count to ten before I do or say anything else.

1, 2, 3, 4, 5,
6, 7, 8, 9, 10




I can take three deep breaths.




I can use words.


I feel mad
about that.



I can talk to someone.



I can walk away.



I can get the mad out by jumping.

